

OCTOBER 2026

Unmarked activities BY DONATION
Activities marked \$\$ have a fee

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chair Massage Mon. Oct.19 & Thurs. Oct. 29 1:00 PM - 3:00PM ***** Apple Picking Mon 10/12 12:30 - 3:00	Film Screening UVM Trip SUNDAY Oct. 25 12:15 PM - 3:00 PM ***** Therapy Dog Visit Thurs. Oct. 29 10:30 AM - 11:30 AM	PIE BREAKFAST!! Saturday Oct. 10 9:00 AM - 11:00 AM 	9:30 Free Groceries ¹ 10:15 Core Power Yoga \$\$ 11:00 Cribbage 1:00 Bridge 1:30 Bone Builders	Bone Builders 10:00 AM ² Tai Chi for Mobility & Fall Prevention 11:30AM - 12:30PM Board Mtg. 2:30 - 4:00 PM
10:00 Tai Chi 2 ⁵ 10:00 Craft & Mend 11:10 Core Power Yoga \$\$ 11:30 Free Lunch 12:30 Adult Coloring 12:30 Mahjong 1:00 Tai Chi 1 2:15 Gentle Chair Yoga	10:00 Farm Share ⁶ 10:00 Bone Builders 10:30 Board Games 12:30 Fleming Museum Trip 12:30 Bingo 1:30 Bone Builders	10:00 Yoga with Ilse ⁷ 11:30 Free Lunch 12:30 Bingo 1:00 Broadway Dance/ Tap	9:30 Free Groceries ⁸ 10:15 Core Power Yoga \$\$ 11:00 Cribbage 11:30 Tour Very Merry Theater 1:00 Bridge 1:30 Bone Builders	Bone Builders ⁹ 10:00 AM NO Tai Chi PIE DROP OFF 1 - 4 PM
10:00 Tai Chi 2 ¹² 10:00 Craft & Mend 11:10 Core Power Yoga \$\$ 11:30 Free Lunch 12:30 Adult Coloring 12:30 Mahjong 1:00 Tai Chi 1 2:15 Gentle Chair Yoga	10:00 Farm Share ¹³ 10:00 Bone Builders 10:15 Let's Go Fishing 10:30 Board Games 12:30 Bingo 1:30 Bone Builders	10:00 Yoga with Ilse ¹⁴ 11:30 Free Lunch 12:30 Bingo 1:00 Broadway Dance/ Tap ..2:30 VT Youth Leaders	9:30 Free Groceries ¹⁵ 10:15 Rock Point Trip 10:15 Core Power Yoga \$\$ 11:00 Cribbage 1:00 Bridge 1:30 Bone Builders	Bone Builders ¹⁶ 10:00 AM NO Tai Chi
10:00 Tai Chi 2 ¹⁹ 10:00 Craft & Mend 11:10 Core Power Yoga \$\$ 11:30 Free Lunch 12:30 Adult Coloring 12:30 Mahjong 1:00 Tai Chi 1 2:15 Gentle Chair Yoga	10:00 Farm Share ²⁰ 10:00 Bone Builders 10:30 Board Games 12:30 Bingo 1:30 Bone Builders	10:00 Balance Screening ²¹ 10:00 Yoga with Ilse 11:30 Free Lunch 12:30 Bingo 1:00 Broadway Dance/ Tap	9:30 Free Groceries ²² 10:15 Core Power Yoga \$\$ 11:00 Cribbage 1:00 Bridge 1:30 Bone Builders	Bone Builders ²³ 10:00 AM Tai Chi for Mobility & Fall Prevention 11:30AM - 12:30PM
10:00 Tai Chi 2 ²⁶ 10:00 Craft & Mend 11:10 Core Power Yoga \$\$ 11:30 Free Lunch 12:30 Adult Coloring 12:30 Mahjong 1:00 Tai Chi 1 2:15 Gentle Chair Yoga	10:00 Farm Share ²⁷ 10:00 Bone Builders 10:30 Board Games 12:30 Bingo 1:30 Bone Builders	10:00 Yoga with Ilse ²⁸ 10:45 Milton Artist Guild 11:30 Free Lunch 12:30 Bingo 1:00 Broadway Dance/ Tap 3:30 VT Youth Leaders	9:30 Free Groceries ²⁹ 10:15 Core Power Yoga \$\$ 10:30 Creative Collage 11:00 Cribbage 1:00 Chair Massage 1:00 Bridge 1:30 Bone Builders	Bone Builders ³⁰ 10:00 AM Tai Chi for Mobility & Fall Prevention 11:30AM - 12:30PM